

The Northern Osteopath,

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Contributions

The X-Ray an Indispensable Auxiliary.

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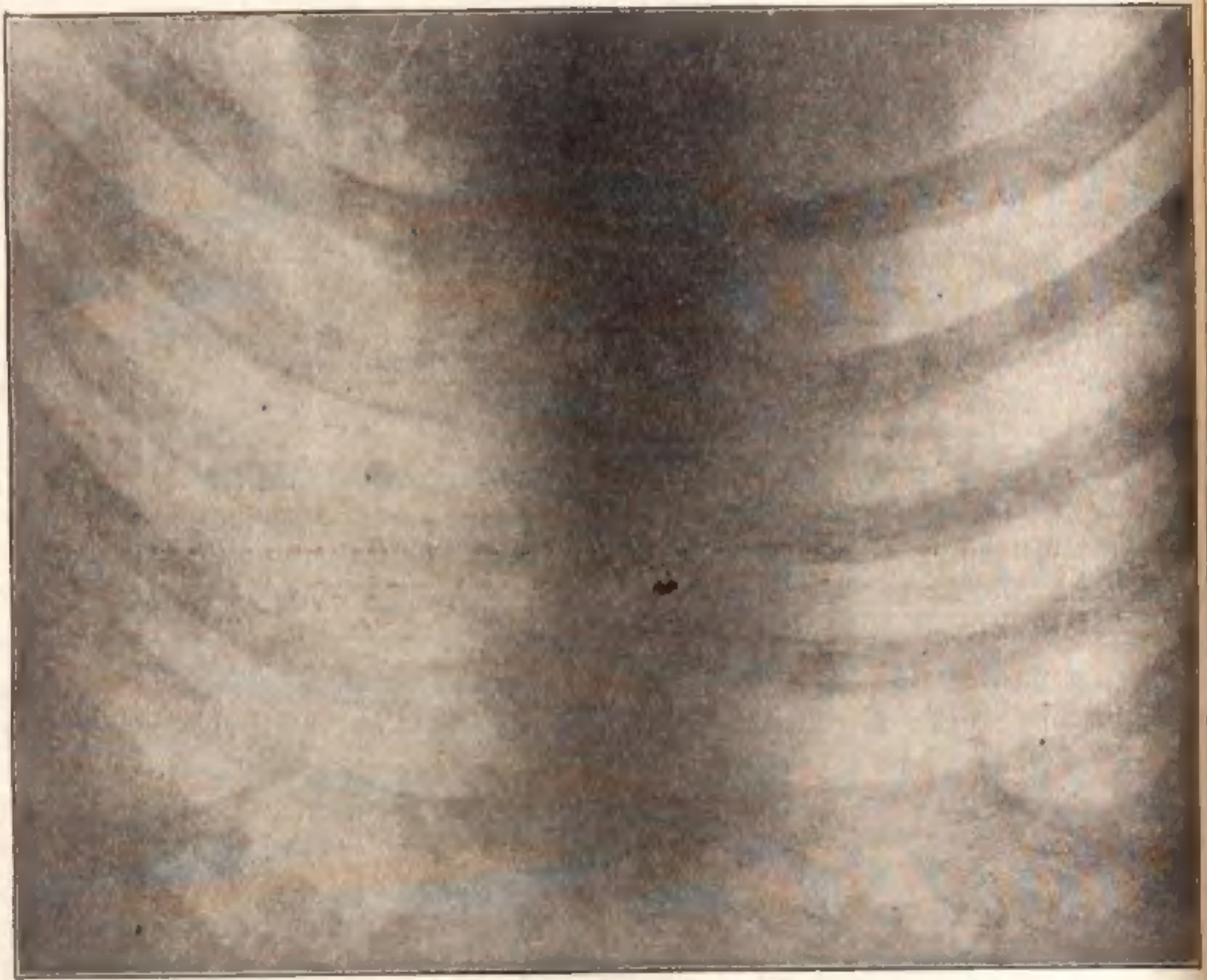
The osteopath who builds up for himself a great influence, analyzes the elements of success and goes to work to make them his own. It has not been long since a prominent osteopathic physician wrote to the present writer, "The X-ray is a good thing to entertain 'Rubes,' but has little practical usefulness." We have in mind another doctor (M. D.) who tinkers at the X-ray, and who, failing to get satisfactory pictures of the deeper-seated osseous structures, clandestinely takes pictures of portions of a skeleton and sells them to his patients as X-ray pictures of the affected parts. It is only fair to say that this practice by the medical man is somewhat known and properly characterized by reputable physicians. There are some eight or ten X-ray equipments in the city of Des Moines, but if there are others than the Still College X-ray laboratory getting good skiagraphs of the deeper structures of the body, regularly and reliably—with practically every exposure—we do not know where they may be found. This

statement may have the savor of the "sounding brass and tinkling cymbal," but it is made only to emphasize and drive home the thought that such success can be reasonably expected and attained only where one individual makes so much of a specialty of the X-ray work as that it consumes a considerable portion of his time and attention. One may, in this way only, so far get that delicacy of discrimination in handling the unknown ray that he can rely upon the results. One must become thoroughly familiar with the strength of the electric current, with the individual peculiarities of his tubes, with the mechanical details of his machine and with the varying effects of changing atmosphere and conditions. During two years' daily experimentation, the Still College has had occasion to cover quite fully the field of X-ray work, both for skiagraphy of all parts of the body and of therapeutic applications of the X-ray to the relief of certain diseases.

The field of practical operation for

the X-ray is substantially outlined for purposes of diagnoses, but it is only in the stage of experimentation and exploration as to its therapeutic value. We have sent to the engraver some prints from the every-day work of this laboratory and give a few of them in this issue. We are disappointed as to the results secured by the engraver for the already delicate outlines of the shadow

been no reliable differentiation among surgeons for these particular injuries and misplacements. We have made clear pictures of broken necks of the femur, with cartilaginous union, in cases where eminent physicians, both osteopathic and medical, have essayed to "set" a dislocation and where they have declared that they have successfully accomplished it. The X-ray gives



HEALTHFUL LUNGS.

pictures are still more indistinct when reduced and transformed for this purpose. Perhaps, however, they will serve to outline some of the usefulness of the X-ray.

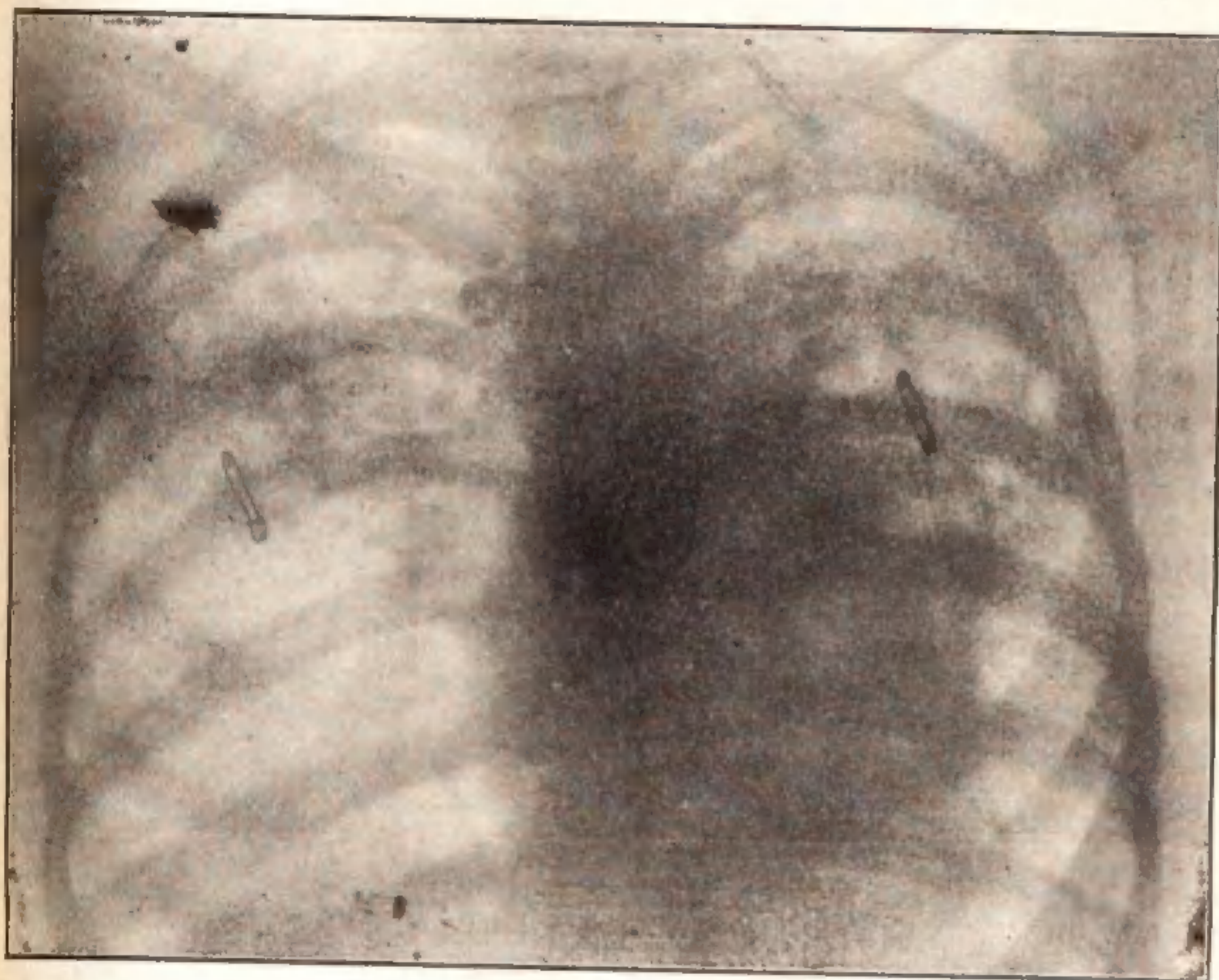
This laboratory has had so many cases of alleged dislocation of the femur that have proven to be broken necks or fractures of the acetabulum, that we are now inclined to take the position that until the advent of the X-ray there has

furthermore, a reliable differentiation of a tubercular invasion of the bony structure. The X-ray is even required to convince some physicians that a dislocation of the shoulder is not a fracture of the humerus. We give one illustration of this character wherein the local M. D. had diagnosed the injury as a fracture and had bound it up for a period of thirty days, until a reduction was secured, after an X-ray picture. By re

son of the delay this was accomplished with great difficulty.

We have successfully outlined bullets in the base of the skull and foreign objects in various portions of the body, and one of these illustrations is given herewith. In this case the bullet passed through the right ramus of the inferior maxillary and is now situated external to the left tonsil. The practical diffi-

laboratory of X-radiance come for the purpose of securing evidence for legal controversies. We have recently made pictures for patients who have pending litigation with railroad companies for fractures and misplacements of portions of the pelvis and for fractures of the clavicle; for patients who have actions for malpractice against physicians; for old soldiers who desire evidence to sub-



TUBERCULOUS LUNGS,

Showing Consolidated Areas. Also Showing Safety Pins in Clothing.

culty of removing it is that in passing through the lower jaw the muscles have been so shortened by the scar tissue that the mouth can not be opened more than a quarter of an inch; and removal from the left side of the neck is attended with a great deal of difficulty by reason of the proximity to the large arteries.

Many customers of the Still College

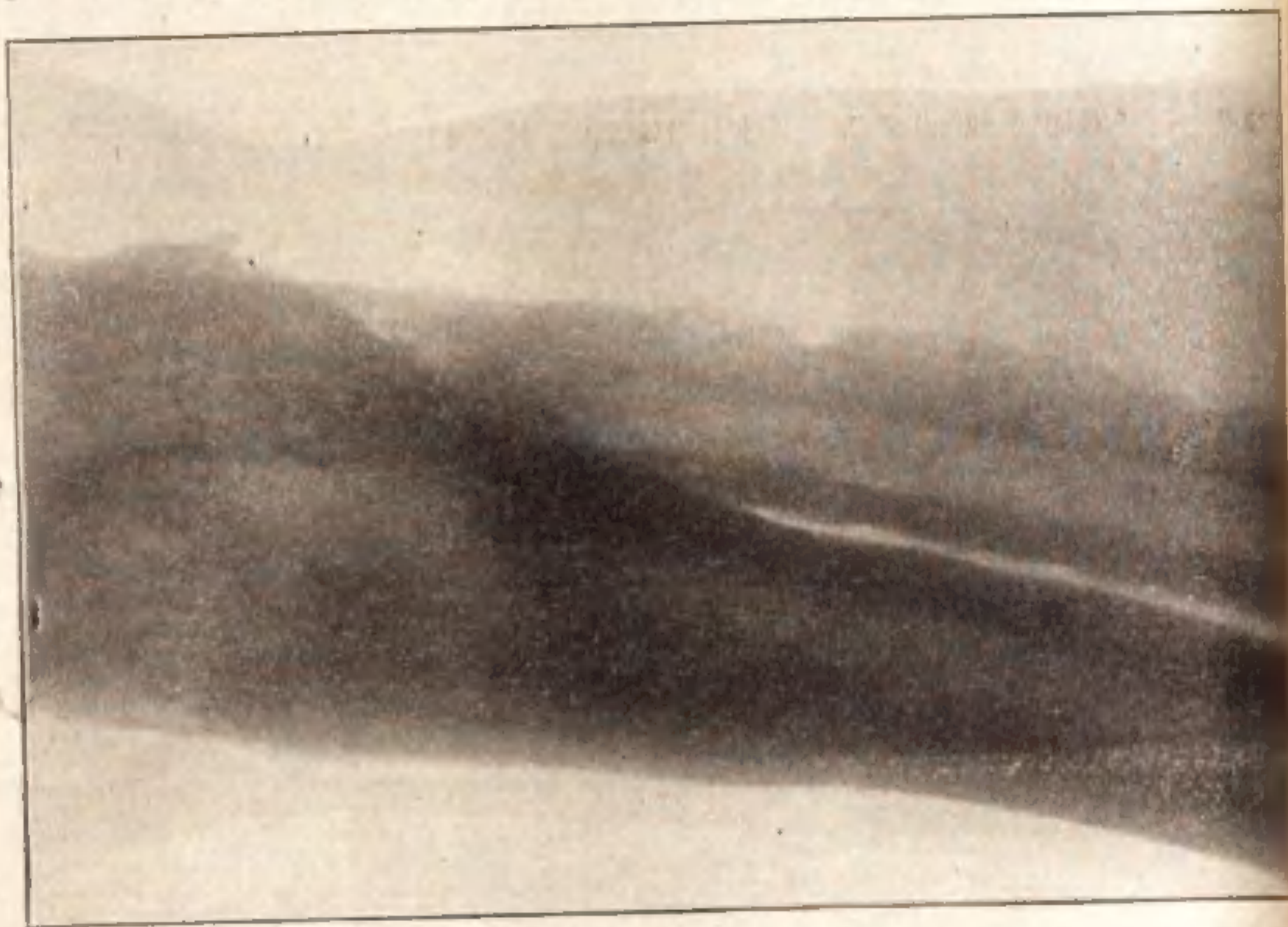
mit in connection with their applications for pensions, etc., etc. The field of usefulness is a large and growing one.

The X-Ray has a Direct Healing Power

During the progress of our laboratory work and skiagraphic work we have had to contend with the strongly irritant and stimulative properties of the

rays, and while we have had a number of so-called X-ray burns during our experience, none of them have been serious or severe, and we feel that we have now attained such acquaintance with the power of the current and the eccentricities of the tube that we do not expect further difficulties of this character. The stimulating and irritating effect, however, of the rays, together with the experiments reported in Germany, Eng-

general classes of infirmities which we have named and of permanently curing many of them. We have had cases of eczema and of tinea and of lupus which have vanished from the bodies of the patients under the influence of the X-ray like snow under the rays of an April sun. Ten treatments sufficed to permanently heal and cure a most aggravating case of lupus of nine years standing, involving two-thirds of the



TUBERCULOUS ANKLE,
Showing Necrosis of Fibula

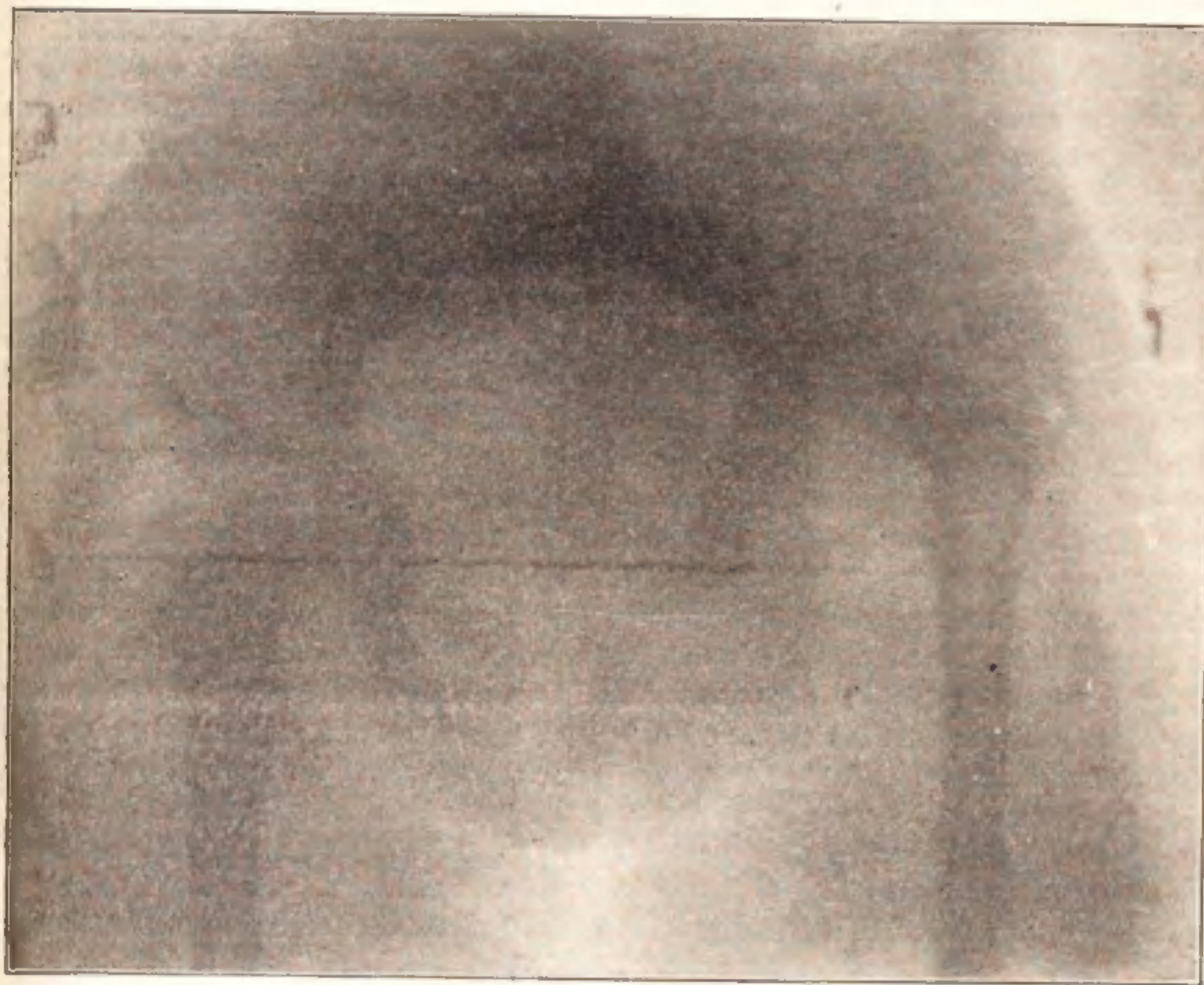
land and America, led us to follow in the line of experimentation with the X-ray therapeutically, by the application of the rays to cases of eczema, tinea (circinati and versicolor), lupus, tuberculosis, cancer and many other skin and kindred diseases. The results have been so striking and conclusive in many cases that we now, without hesitation or reservation, make the assertion that the X-ray therapeutically applied is capable of palliating and relieving all of the

middle finger of one of the ministers in this city. In this case the malady had come so serious that the family urged the patient to have the finger amputated. Without the touch of hands or of medicine, or of any other earthly power, except the mysterious rays, perhaps twelve minutes on alternate days, the bleeding, mattery mass of offensive eruption disappeared and was slowly replaced by normal cuticle. case of eczema of four and a half years

standing, involving the head and body of a patient with at least twenty patches, some of them as large as the open hand, began to disappear after the first treatment and had made marked progress after three treatments. The scalp was involved and the hair disappeared as well as the disease, but the hair has reappeared as fully as it formerly grew.

plications and curetment, was permanently healed after seven X-ray applications; and a running tubercular sore on the ankle of a patient, which had been discharging its foul product with occasional pieces of bone for some seventeen years, has been similarly healed in this laboratory. (See cut.)

But perhaps the most interesting and



DISLOCATED FEMUR.

On the other hand, a more extended exposure to the rays of the upper lip of a young lady for purposes of depilation, removed the masculine adornment and after three months it has shown no signs of reappearance. A running fistulous sore on the face, caused by a dirty dental instrument, which had resisted all efforts to heal by the usual treatments, by antiseptic and caustic ap-

valuable contribution which we have made to local experience and experimentation has been the application of the X-ray to the relief of cancer,—advanced carcinoma of the breast. One of these cancers had reached the size of a large door knob, protruding perhaps three-fourths of an inch out from the breast and was accompanied by numerous smaller knots and nodules. It

has been developing for some thirteen years but for three years past has been accompanied by the heavy, neuralgic pain that is common to them. For six months before the treatment began the growth was more rapid and was accompanied by sharp, shooting pains, which rendered life burdensome and sleep at night fitful and broken. The lady was compelled to give up her employment and was considering, as a last resort, the knife. This offered little hope, for, when progress has been made to such an extent that the entire breast must be removed, the average experience is that the tumors reappear in some other portion of the glandular structures. On December 1st we placed this patient under the X-ray and continued on alternate days, twelve-minute exposures, at a distance of about twelve inches, up to Christmas time. After the second exposure the pain entirely disappeared, appetite and general good feeling returned. The patient went home at holiday time for two weeks but began to suffer during the second week and hastened back to the presence of the tube. The treatments have been discontinued at one time for eleven days since, with a return of the pain in a lessened degree, but with the resumption of the angriness, redness and growth of the tumor. The treatments are now pursued for a longer period and at closer range, with the result of steadily increasing health, entire comfort, resumption of usual duties, and the full allotment of sleep, and what is by far more significant, a change in personal appearance that is almost unbelievable. The dull, ashen pallor of the face has given way to a normal color, with a pink tint to the cheeks and with a gain of thirteen pounds in weight. The size and appearance of the tumor has been carefully followed by physicians of the college staff, who do not

see it more frequently than at intervals of two weeks. It has shrunk at least one-third in size and has changed its general appearance from a fiery red, angry cancer to a dull brownish red. It has broken down in the center, and from it for a time issued a serum, which was followed by a large, heavy scab. This, in time, came off and there are indications that another one will form.

This progress is in accordance with the prediction of an old-school physician of much experience with cancerous diseases. At the beginning of this experiment the writer realized that if, by any good fortune, the case should be relieved, there would always be a doubt and suspicion as to the real character of the malady, in the minds of some people. One of the leading old-school physicians of the city, who has had much experience in this line and who has surgically removed many of these cancers, was therefore consulted. After examination, he said: "When you have removed or relieved that trouble you can consider that you have cured a well defined carcinoma." It may be thought by some that the writer is rash and premature in rushing into print with a report of cases of such gravity before a complete restoration is accomplished, but I am entirely satisfied to report them, regardless of what the future may have in store for the cases. I have witnessed the living death of a dear friend, during a long period of the progress of this disease, while eating out the very vitals, with indescribable, tedious agony, and there is no amount of money, within the means of a husband or devoted friend, which would be considered too much to pay for even such a palliation as we have already been able to give to several patients. If, therefore, this treatment shall prove only palliative, it is yet the most wonderful boon and blessing which human-

ity has been able to contribute to those afflicted with this grave malady.

We solicit a few more such cases of this character for experimental purposes. If to any one it may seem surprising that this kind of investigation is pursued in an osteopathic college, be it known that osteopathy is both scientific and progressive; that no reputable osteopath claims to cure advanced tuberculosis or advanced carcinoma, and that any genuine remedial agent which will come to the relief of suffering thousands, is not only welcomed by the osteopathic physician, but that the most advanced college of osteopathy goes out on the highways to seek and meet such non-medicinal agencies as promise this relief and to lead them in to the schools for greater usefulness.

Compulsory Vaccination Illegal

(By E. R. Lynch, Attorney-at-Law, Minneapolis.)

Professor Dobbyn requests me to write an article on compulsory vaccination, for The Northern and Cosmopolitan Osteopath. The subject may be divided into two parts: First, compulsory vaccination of school children; second, compulsory vaccination of other persons. I will consider these in their order, according to the laws of Minnesota.

But before taking up either of these subjects, it may be well to say that boards of health, state and local, are only EXECUTIVE BRANCHES of the government. They cannot make a rule that has the force and effect of law; their duty is to enforce the laws that are made by the state legislature for the preservation of health. These boards may make rules in regard to the manner in which laws are to be en-

forced, but they cannot make law.

This statement is necessary for two reasons. First, because boards of health often assume legislative functions by seeking to invest their rules with legislative authority, and to arrest and imprison people who dispute their mandates, as if these boards were equal, or superior, to the state legislature. Second, because there exists a delusion in the minds of the people that any rule made by a board of health has the force and effect of a law made by the legislature.

I will now see what power boards of health and school boards have to require school children to be vaccinated. The only law touching this point is found in General Statutes, 1894, section 7070, and is as follows: "That no principal, superintendent or teacher of any school shall permit any child or minor HAVING SMALLPOX, or any child residing in any house in which any such disease EXISTS or has RECENTLY EXISTED, to attend any public or private school until the board of health of the town, village, borough, or city, shall have given its permission therefor."

Under this section there are just three circumstances under which a child may be excluded from the public schools, to-wit: First, a child "HAVING SMALLPOX;" second, a child "RESIDING IN ANY HOUSE IN WHICH SMALLPOX EXISTS;" third, a child residing in a house where smallpox RECENTLY EXISTED. In either one of these three cases, such child may be and should be denied admission to the public schools.

If boards of health and school boards would confine their operations to the enforcement of this law, no one would find any fault with them, or in any manner oppose them. But when the boards of health arbitrarily and unwarranted-

ly make a resolution that all children must be VACCINATED, before they can attend school, regardless of whether they have smallpox or whether they reside in a house where smallpox exists, or whether they reside in a house in which it recently existed, every American citizen who knows his rights, values his liberty, and has the courage to defend them, will oppose the enforcement of such a rule.

The above law is plain and unmistakable; and it is not necessary for any lawyer or judge to express his opinion that no child can be denied the privileges of our public schools unless he has come under one of the three cases specified above. It is surprising to me that the people of Minnesota have allowed themselves to be imposed upon as long as they have, and to the extent that they have, by the boards of health of this state.

The right of the school board and the board of health to exclude all children from the public schools, who are not vaccinated, was never questioned in this city until the present year, when Professor Dobbyn, with a half dozen others, organized an anti-vaccination society and brought the matter before the court.

Mr. Dobbyn brought mandamus proceedings to compel the school board to reinstate his child. There were about five thousand children in this city out of school and had been out for weeks, and an army of persons was going about the city vaccinating the children by wholesale. The matter was brought to hearing before Judge Elliott, who very promptly and properly decided that in the absence of a prevailing epidemic, the school board had no power to make a general rule excluding from the public schools all children who were not vaccinated.

That decision not only reinstated five

thousand children in the city of Minneapolis, but thousands of children in every other city and village in the state.

I will now consider the power of the board of health to require persons other than school children to be vaccinated. The power of the board of health in this state is defined by section 7045, General Statutes, 1894, and is as follows: "Whenever any part of the state appears to be threatened with, or is affected by, any epidemic or infectious disease, the state board of health may make, and from time to time alter and revoke, regulations for all or any of the following, among other purposes:

"1. For the speedy interment of the dead.

"2. For house to house visitation.

"3. For the provision of medical and accommodation for patients, physicians and nurses.

"4. For the promotion of cleanliness, ventilation and disinfection; and
GUARDING AGAINST THE
SPREAD OF DISEASE BY QUARANTINE OR EXCLUSION
OF ANY INFECTED PERSONS."

There is not one word in this section that authorizes the state board of health or any health officer to vaccinate anybody. It can do just two things. First, quarantine an infected person; second, exclude an infected person, which probably means confining a person in a pest house. These are only two things the board of health can do. It has absolutely no right whatever to vaccinate anybody. In utter defiance of this law and in violation of every principle of American liberty, health officers are going all over the state, assisted by policemen, vaccinating everybody who will submit, and arresting and imprisoning every one who does not submit. Such conduct on the part of these officers has never been equalled in the history of the world.

has never been equalled, except by the Spanish Inquisition. Loyola has his counterpart in Dr. Hall, of Minneapolis.

This article is written for the purpose of informing the readers of this magazine of their rights and privileges under the law, and I hope they will discharge their duties as American citizens, by refusing to submit to the arbitrary and tyrannical acts of the boards of health of this state. I have quoted all of the law that there is on the statute book in relation to vaccination, except section 7069, and I will quote that: "That every person, being the parent or guardian, or having the care, custody or control, of any minor or other person, shall to the extent of any means, power, or authority of said parent, guardian, or other person, that could properly be used or exerted for such person, cause and procure such minor or person under control, to be so promptly, frequently and effectively vaccinated that such minor or individual should not take, or be liable to take the smallpox."

I can sum up the whole law, as follows: First, under section 7069, it is the duty of parents or guardians to vaccinate children as frequently and effectively as they deem it necessary; but this is a matter for the parent and guardian to determine, and not for the board of health. Second, under section 7070, children may be excluded if, first, they have smallpox; second, reside in a house where it exists, or third, reside in a house where it recently existed. The law does not say that they shall be vaccinated; does not say that the board of health, or anybody else, may compel them to be vaccinated.

It simply says that they may be excluded from school; that is all. Under section 7045, the board of health has simply this power over adults: To

guard against the spread of disease, by first, quarantine, and second, exclusion of infected persons.

It has no right to require anybody to be vaccinated, or to arrest anybody for refusing to submit to vaccination.

If any reader of The Northern and Cosmopolitan Osteopath desires any further information on this subject, he may send his question to the editor, or to the writer direct.

Local Treatments.

(By Edythe Ashmore, D. O., Detroit, Mich.)

It has been said that osteopaths use medical terms with very different application from the allopathist or homeopathist. Be that as it may, when an osteopath speaks of a local treatment he means manipulation applied to internal tissues, whose covering is mucous membrane. The objects of this treatment are:

1. To stimulate or inhibit nerve impulses.
2. To cause an increase in the arterial supply.
3. To promote drainage through blood and lymph channels.

Local treatments may be divided into five classes, according to anatomical relations:

- I. The conjunctiva.
- II. The nose.
- III. The oral cavity.
 1. The pharynx.
 2. The fauces.
 3. The tongue.

IV. The rectum.

V. The genitalia.

1. The sphincter vesicae.
2. The labia and glands of Bartholin.
3. The vagina and uterus.

It must not be imagined that local

treatments alone will cure the disease. The primary lesion often exists, through accident, occupation, exposure, sprain, in subluxations of vertebrae, and until these have been corrected we cannot expect recovery.

These interferences may be called central and those that come from inflammatory processes in the tissues themselves, peripheral or local. We need both forms of stimulation and inhibition, central and peripheral. Often when a physician finds his patient does not improve as rapidly as he expected, it is because he has given his attention solely to the central impoverishment of blood and nerve supply.

Mucous membranes being often sensitive, the patient dreads the thought of local treatments. It is then the duty of the physician to explain the need of such treatment and to overcome the aversion by sound logic. It is a rare experience that a child bites the finger treating his tonsils, or that a woman stops her treatments to avoid a pelvic examination. In the latter case it is oftenest the reverse, for many patients seek annually the women of the profession for attention to this very matter. Is one a physician in the true sense of the term who dislikes to give local treatments and seeks pretences to avoid giving these treatments? A patient then has the right to demand local examination and to change doctors if necessary to secure the proper care. Few patients would be so unreasonable as to ask for what would do them harm, and if a physician could give a good reason why a patient should not be treated locally, that would end the matter.

Every college should afford its students ample opportunity to test the merits of local treatment. A large clinic or free dispensary, and a special gynecological clinic with a woman

physician in charge, ought to be features of every osteopathic or medical college. It is with pride that I may point to the Dr. S. S. Still College of Osteopathy as the possessor of all these facilities of great advantage to the student of the greatest science yet discovered, Osteopathy.

It is not the purpose of this article to describe osteopathic methods of giving local treatments, but to call attention to the great success that has been achieved by their application in many diseases, among the commonest of which are granulated lids, hay fever, tonsillitis, chronic glossitis, hemorrhoids, incontinence of urine and pelvic disorders.

Osteopathy and Massage.

By C. W. Gaskell, M.D., M.E., Ph.G.
D.O., in Southern Journal of
Osteopathy.

(now Professor of Surgery
in Still College, Des Moines).

"Oh! Osteopathy is nothing but rubbish, or massage!" This is a remark that we constantly hear both from the laity and, strange to say, from medical men. Now, we must expect a certain amount of ignorance, or shall we say innocence, of osteopathic principles and practice on the part of the laity and we must expect to exercise both diligence and patience in explaining and demonstrating our methods of treatment to them, "ceasing neither day nor by night." But when medical physicians, men old and experienced in the practice of their profession, who ought to know better, seek to cloak their disgraceful and criminal ignorance of osteopathy, one of the greatest discoveries ever made in the healing art, by revealing an equally

palling ignorance of massage, an old and well proven therapeutic agent, which has been in use ever since the year 3,000 B. C., when the Chinese issued the first known text-book upon the subject; then it is time to call a halt and to endeavor to at least save some of the public at large from continuing in or falling into the same ridiculous error. The medical doctors who hold this belief, or who appear to, and attempt to mislead others, are, it is to be feared, beyond human aid.

Having, during my long sojourn in Germany, Sweden and Holland, the three, so to speak, "homes" of modern scientific massage, had ample opportunity of observing and studying the different methods of administering massage, as well as its application to the various pathological conditions and diseases in which it is used, I will endeavor, in a few words, to show, not the difference between osteopathy and massage, but that osteopathy contains and embodies in its principles all of massage, while being itself vastly more scientific, far reaching and universally applicable in all cases.

1. Osteopathy, to begin with, is a complete system of therapeutics, or healing, capable of application in place of drugs in all stages of all diseases where drugs are indicated, and in many cases where drugs are useless or contra-indicated. Massage is a mere local, or, if applied all over the body, general application, producing certain effects directly upon the parts treated, and prescribed by the physician like a drug, or electricity, or baths, or any other therapeutic agent.

2. With one or two exceptions, massage is always applied locally, directly to the spot, or, if too sensitive, around the spot affected, whereas in osteo-

pathy we get our most beautiful and marked effects by treating the nerve supply at a distance from the affected part, while at the same time not neglecting to treat the local symptoms.

3. In osteopathy our one aim is to find the lesion or misplacement, be it bony, ligamentous or muscular, be it spinal, thoracic or pelvic, which is pressing on the nerve supply and causing, or, at least, aggravating the disease. In massage no one ever heard of a lesion or misplacement of a distant part of the body causing or aggravating a disease through pressure on and irritation of the nerve supply. If the masseur regards the nervous system at all, it is as a mysterious force through which he gets certain vague reflex effects which he cannot explain.

4. The osteopath recognizes the benefits of skilled massage as an aid to his treatment, and prescribes it just as the medical doctor does.

5. The osteopath may or may not administer the massage indicated in a given case himself, just as a medical doctor may himself sometimes give massage in the absence of a skilled masseur; only in that case he would have to be an M. D. who knew the difference between osteopathy and massage.

6. Another silly mistake often made is the following: Somebody watching an osteopath at work will suddenly exclaim as one inspired: "Why, you are simply masseing his back!" "Poor fellow! He sees but the "outward and visible sign" (the movement), but perceives not "the inward and spiritual grace" (the physiological effect through the nervous system on some distant, diseased organ). Osteopathy is not a system of movements! It is a grand, true principle.

And the principle is this: "And God

saw everything that he had made, and behold, it was very good." This is the keynote to osteopathy. Adjust the system perfectly to itself and health results. This we do through our knowledge of anatomy and physiology." The movements are merely a means to an end. If I wish to stimulate or otherwise affect a certain set of nerves, and choose to use ■ so-called massage movement, percussion, petrissage, rolling, hacking, etc., to accomplish my purpose, that does not make me a masseur any more than the fact of a surgeon using a butcher's saw with which to amputate a limb makes him a butcher.

The osteopath who desires to stimulate or inhibit in a certain area of the spine in order to control an inflammation or other trouble in a distant organ or other part of the body, and succeeds in his attempt, remains an osteopath in the highest sense of the term, whether he uses an electric battery or employs a masseur or gives the treatment himself.

7. One brief illustration may help a few of the laity who may not have quite understood my previous remarks:

If an electric light burns dimly, the uneducated man tries to brighten it by polishing the globe; and if it still refuses to burn brightly he will attempt to doctor the globe or maybe buy a new one. The educated man, however, will first go to the dynamo or battery and examine that, then he will test the wires, after which he will polish the globe if the light still should burn dimly.

Now, the defective light is the local manifestation of disease. The wires are the nerves supplying the part. The dynamo or battery is the central nervous system. The uneducated man who sees only the local manifestation of disease is the masseur. The educated man who

understood the mechanism of the electric battery and who recognized the true source of the trouble, is the osteopath.

Finally remember this, the true osteopath is the man who, while always seeking to correct the root of the evil (the lesion), does not disdain to employ such useful adjuncts as massage, electricity, hydropathy, etc.

Spinography.

Dr. A. Still Craig, D. O.

Spinography is the name given by the inventor to the process of taking spinograms, or charts of the spine, by means of the spinograph.

The latter consists of a supporting staff guiding 40 parallel triangular rods and allowing the rods to slip easily through it when pressure is applied to them, but holding them in situ otherwise.

The manner of taking the spinogram is illustrated in the accompanying cut, and consists of placing the ends of small rods against the spine when the line connecting these ends conforms to the spinal contour. This line may then be recorded through carbon paper on ■ blank chart and kept for future use. The illustration also portrays the taking of lateral deviations with a ruler, the record of these lateral deviations being later added to the chart at the proper points.

Altogether this gives a complete record of 25 inches of the spine, which ordinarily includes more space than from the atlas to the sacrum, and allows for an antero-posterior deviation of more than seven inches.

The advantages of such a system of spinal measurements and records are so obvious to those who realize the im-

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The Spinograph.

importance accredited to the spine by osteopathic physicians that we hardly need mention them. It will certainly do as much or more to advance the accuracy of osteopathic data than anything brought forward for some time, as it allows a thorough study of the cold recorded lines of the spine as related to disease and affords a means of comparison of different cases, as well as an accurate record of improvement or non-improvement in a given case.

While the instrument is primarily intended for the taking of spinograms, it must prove valuable as well in recording other bodily irregularities, as, for example, the extent of impaired movement in joints and the size and shape of tumors, etc.

It was presented by its inventor, Dr. A. Still Craig, of Iowa City, at the Iowa Osteopathic Association meeting at Cedar Rapids, and met with much favor.

A Word for Osteopathy.

By Laura Cain, New York City.

If you will permit me, I should like to say a word for osteopathy.

One is not a little surprised at the strange and varied opinions given by many persons, who seem in other ways well informed, of their ideas of this new science. It is astonishing, too, even among people of thought, that they will express themselves sneeringly and disparagingly of that which they know nothing, and so influence others who do not think or inquire for themselves. It seems to be the general idea of mankind that if one is ill he must take some medicine, and because a custom is old it must therefore be right and best.

And so any new theory or science that does not advocate drugs and dosing, according to the already prescribed and established pathys, is trash and fake to him.

If one believes that in nature there is perfect harmony and law and order, why not in man—nature's highest product? If then we violate nature's laws and become ill, why is not a science which will assist nature in natural ways and then let nature cure, a safer and wiser practice than taking into our system ounces of drugs and poisons for the treatment of symptoms, and overlook the one just cause of illness—something out of order with the mechanical construction. People are going to be treated by that pathy which keeps them most and which emancipates them from dosing and the knife, if possible. Osteopathy can and does do this. It fails when nature has been so interfered with and maltreated or when the patient has no reserve strength or recuperative powers.

I know that of which I speak, having tried allopathy, homeopathy and osteopathy, and have decided after a year's experience on the side of the latter.

It has been a long and suffering journey to find relief, but through the darkness has come the light and osteopathy and health.

Feb. 10, 1902.

Where Two or Three are Gathered Together.

It is the prevailing custom for two or more Osteopaths to associate themselves together for practice. In this association the personality of the operators discovers itself to a greater degree than is supposed. Their attitude towards one another and to each patient brings to light their hidden characteristics.

Where the services of a lady assistant is necessary, the relation of all should savor of that delicacy, etiquette, reserve in the private office or before patients, that shall give no ground for comment. The lady assistant may be the Veiled Mary, "pondering all things and keeping them in her heart," or the Delilah of old. By her courtesy or discourtesy, by her pureness or unpureness, by her true or exaggerated reports to the head physician, has hinged more things "than some men dreamed of."

The associated osteopaths should never discuss a patient in private or public, unless the absolute good of the patient is intended. Each separate operator has his individual patients. It is his duty to guard that patient and respect the trust imposed upon him in giving their life into his keeping. They can so much better employ their spare time studying on a case, or discussing general world topics which will give them relief from the usual trend, than by uncalled for discussion of their patrons.

"The Poor ye have always with you." Sometimes they come themselves, but more often they are brought by some one full of the Christ Spirit, who longs to see them freed from suffering.

Do not allow yourself to take such without counting the cost. It means, if you are true to the "measure of the stature," that you are to accord to this

poor applicant all the time and strength and learning that would be due the richest patient you have. All life has the same value in the Creator's eyes. So should it have in yours.

Do not allow yourself to humiliate your own sense of justice, and theirs, by alluding to the terms upon which you are treating them, either to themselves or to any other patient or person. While we know there are some patients who accept unthankfully all the time and attention they can get, yet the majority are thankful and deeply sensitive of their dependence. It is often their brooding over these facts that hinder a rapid recovery.

Allow the patient who is paying little or perhaps nothing for her treatment, her due time according to the necessities of the case; and never give her turn to another patient unless absolutely necessary and the courtesy of permission has been asked. These are just rulings, such as you would desire were you in their place.

The freak patient "ye" also "have always with you." These come from the ranks of rich and poor. But it is the poor freak that tempts the physician most; because to mortal eye, there is simply nothing to gain. Perhaps you have taken your hat and quietly slipped out of a side door, or remained away to escape them. But is this just? Why did you take such in the first place? Another thing—perhaps if you knew the truth, they are not freaks. You have accepted false reports from the assistant in charge who may size up people more by rustle of silks than real buried character.

It will help the physician greatly if they but remember that we are all freaks to a certain degree in our personality, could we but see ourselves as others see us; the only difference being that in our own case we blindly label it under another name.

What courtesy and rules of honor should govern the associated osteopaths in their relation one towards another?

When a new patient enters the office, let the osteopath receiving them allow a distinct naming on the part of the patient of the one whom they desire to treat them. If they have no choice, they should be referred to the head physician, who will assign them to the one especially fitted for their especial pathological condition; for it is now well known that osteopaths succeed along special lines. Some are skilled on nervous diseases, others on stomach and bowel troubles, another sciatica, etc., etc. Jealousy should never find a foothold in an office. If an operator has been singularly successful in a severe chronic case and in his first sense of joyousness, tells of his victory, do not accuse him of undue pride and bigheadedness, but rejoice with him and let your nature widen and broaden in true, sympathetic brother-

hood. It is all right to tell of success, both to associated osteopaths and to patients, for "we but half express ourselves and are ashamed of that divine idea which each of us represents." "To know that we know, what we know, is true knowledge."

Never speak in the least manner detrimental of your fellow associates to a patient. It is a boomerang that will often return upon your own shoulders, in the minds of the patients.

In short, in all offices where the "Two or three are gathered together, let the spirit so aptly presented in Charles Kingsley's "Water Babies" prevail. Let his pen-picture of "Mrs. Do-as-you-would-be-done-by" imprint upon your minds a beautiful negative, from which true reproductions can be copied on demand: for "Mrs. Be-done-by-as-you-did" is going to come in some day, some hour, some moment. There is an eternity for her to work.

Signed. —Reflector.

Some Interesting Cases.

(Reported by Drs. Maltby & Bolks, Mankato, Minn.)

(Heart Trouble.) Mrs. A., age 39, had severe attacks of heart trouble, causing vertigo, nausea and eructations; continuous pain at costo-vertebral attachment of fifth rib on left side; also pain between the fifth and sixth ribs and over heart. Examination revealed a turned fifth rib on left side, which had baffled the skill of noted heart specialists, and which has caused patient great distress at times.

Irregularity of heart had produced a debilitated condition, also an obstinate constipation.

At the fourth treatment succeeded in replacing turned rib; heart trouble disappeared and general condition entirely cured in one month's treatment. The cause was brought about by a fall, throwing the arm upward to arrest the descent.

(Reported by Drs. Benefiel & Benefiel, Lake City, Iowa.)

Case I. — (Exophthalmic Goitre.) Miss I. B. D., age 16, had been troubled for years with extreme nervousness, which had finally compelled her to leave school. Symptoms: Spells of tachycardia recurring with constantly

growing frequency, prominence of the eyes more exaggerated at times, pulsating goitre small but noticeable, and causing considerable annoyance during the last year. All symptoms abating at times and exaggerated by any shock or nervous excitement. Lesions—Dorsal vertebrae from the fifth down prominent and rigid; fourth, fifth and sixth cervical anterior, lumbar weak. After two months regular treatment the symptoms had disappeared, and three months later have not returned.

Case II.—(Quinsy.) Mrs. M. J. E., a lady past middle life, had for years suffered with severe attacks of quinsy, which usually kept her bedridden for two or three weeks. Called Sunday morning and found the patient with temperature of 103; throat very sore, red and swollen with white patches on the tonsils. Gave three treatments on Sunday, and succeeded in the evening in producing free perspiration and reducing fever. Monday A. M. temperature normal, throat symptoms much improved. Gave three treatments Monday. Tuesday the patient resumed her household duties. In this case the tonsils had been clipped. There was marked tenderness and contractions at the fourth to sixth dorsal area and pain and inflammation of throat improved noticeably on inhibition and relaxation of this area. In a number of cases of tonsillitis and quinsy we have found marked disturbance at the fourth to sixth dorsal vertebrae in each case.

Case III.—(Dysmenorrhoea and Constipation.) Miss M. E. H., age 22. Ever since menstruation began had suffered much pain, nausea and headache each month, and was usually confined to her bed two or three days. For six years had scarcely a natural movement of the bowels. Lesions—Posterior eleventh dorsal vertebra and lumbar

anterior and close. rectal sphincters contracted, uterus retroverted. After the second treatment the bowels moved regularly without artificial help. After six treatments, given twice a week, the menstrual period was passed with no unpleasant symptoms. The young lady entered business college, and when last heard from, two months later, none of the original trouble had returned. The six treatments are all she had.

(Reported by the Clinic Department of Still College of Osteopathy, Des Moines, Iowa.)

(Sexual Neurasthenia.) Mr. L. B. age 21, unmarried, came to Still College of Osteopathy, January 8, 1902, from his home in Story City, Iowa, for treatment for relief of ailments for which he has taken treatment from several M. D.'s covering a period of several years, without apparent benefit. On examination he was found to be suffering from following lesions and ailments: Third cervical anterior, sixth cervical left lateral, second dorsal right lateral, tenth, eleventh, twelfth dorsal and first lumbar posterior, accentuated pulmonary heart-beat with increased heart-action, considerable fremitus in upper lobe of right lung, with constriction of chest wall in that region; antero-posterior diameter of chest superiorly slightly accentuated by the straight spine in upper dorsal region; granulated eyelids with inflamed condition of eyelids and sclera; sluggish cutaneous circulation, with redness and dermographic skin, torpid liver, bowels constipated, stomach inactive, frequent headaches (neuralgic type); varicocele of left testicle (treated by Des Moines specialist with no benefit), elongated prepuce. Patient has frequent illness, lasting several days, for which he has had frequent medical treatment; disturbed sleep. Examination at this

time, February 28th, shows following improved conditions. Heart-sounds and beat normal, lung normal, chest wall expanded to normal, eyelids and eyes normal, no more headaches or sick spells, stomach and bowels much improved, spinal lesions improving under treatment, skin conditions and cutaneous circulation normal; prepuce corrected surgically during first month of treatment; varicocele almost disappeared, slightly recurrent at intervals, giving patient little or no trouble at this time; sleeps well; patient very much improved in general appearance, and is highly pleased with his less than two months' treatment at Still College, and feels grateful to osteopathic treatment for the benefits he has received; feels well enough for dismissal as cured.

The case was assigned by superintendent of clinics, Dr. H. W. Forbes, to Dr. C. M. Moffatt for treatment, who has had charge of the case.

(Reported by Drs. Carpenter & Carpenter, Chicago, Ill.)

(Double Lateral Scoliosis, with Shortness of Left Limb and Nervousness.) Miss W., age 16, began treatment Dec. 3, '01. Collapsed at high school from nervousness; could stand very little exertion or excitement. Was very nervous when examination was made. Found very weak condition of spinal structures. Atlas—Anterior and twisted forward on right side. Third cervical posterior, 7 cervical to right, a break between it and 1 dorsal. Upper dorsal anterior, flat and rotated to the right. Lower dorsal and lumbar posterior and curved to the left. Ribs on right side prominent, on left side flattened appearance posteriorly. Sternum twisted to correspond to condition of ribs. Left shoulder drooped; left hip prominent; left limb

$\frac{1}{2}$ inch shorter than right, measuring from ant. sup. spine of ilium to ext. malleolus. Had been wearing a heavy sole on her shoe when she came to us. Patient took 26 treatments.

February 20, 1902, conditions were as follows: Curvature much improved; tenderness along the spine entirely absent; measurement of limbs showed they were of equal length; nervous condition about overcome; not the fatigue upon walking as formerly. A continuance of the treatment will entirely overcome the spinal curvature. A general spinal treatment was given to strengthen the tissues and stimulate nourishment to the cord.

(Neuralgia.) Mrs. B. began treatment Oct. 8, 1901. Complained of headaches, which had come on every night for three weeks, so severe that she was unable to sleep. Found badly contracted and tender condition of cervical region, especially about the atlas. Fifth nerve very sensitive at all points, as were also the occipital nerves. Constipation and hemorrhoids very bad, sometimes going for a week without a movement of the bowels. She slept well the night after first treatment, and after the second had permanent relief from the headache, and to date, March 5, '02, has no return of the neuralgia.

Mrs. B. took a month's treatment for the constipation and rectal condition, which were greatly benefited. A few weeks ago she reported that her condition had continued to improve since stopping treatment.

St. Paul, Minn., Feb. 26, 1902.

Mr. W. R. Dobbyn,

Minneapolis, Minn.

Dear Sir: I have received several letters of inquiry in regard to the treatment I administered in the case of morphine poisoning I attended Octo-

ber 27, 1901, and previously reported in the January number of the Northern Osteopath. For the condition of the patient, as I found her, I refer you to the previous report.

The treatment I administered was as follows: I first produced artificial respiration by raising and lowering the arms at the rate of eighteen times per minute. Then I expanded, stimulated and stretched the diaphragm, by raising and expanding the lower portion of the thorax, by forcing the lower ribs outward and upward.

I applied strong friction to the lower extremities, inhibited the pneumogastric nerve, stimulated the cervical sympathetics and vasomotors and dilated the rectum. I also catheterized the patient and drew off what urine was in the bladder.

The most effective treatment was when I drew the left arm strongly above the head and at the same time stimulated the cervical sympathetics.

Yours very truly,

O. D. HOWARD, D. O., D. E.

Health Department.

(Dr. C. W. Young.)

"Nor love, nor honor, wealth nor power,
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health all taste or pleasure flies."

"Good health is the basis of individual success in any walk of life."—Suggestion.

Health in Medicine—

"That so much attention is being directed to physical culture is a most encouraging sign of the times. People, generally, are too indifferent to their physical condition. So long as they can get along from day to day, they do so in the hope that they will change for the better somehow. They go along until they develop some serious sickness, and then it is the doctor and medicines that are sought, for the average person's belief that he can find health in medicines and tonics is deep rooted and loses its hold but slowly. The most reasonable explanation of this belief is that it seems much easier to get better that way. If this were the case, there would be little use for physical culture. That prevention is better than cure

seems a difficult truth to inculcate. 'A people's health is a nation's wealth,' said Franklin."—Albert Whitehouse, in Suggestion.

Overeating.

"Every morsel of food that gets into a human stomach beyond the power to digest and assimilate, is always the direct, the exciting cause of disease; it is always one of the links, that link by link, added day by day, sooner or later ends in the mysterious 'attack,' the 'providential dispensation.'"—Dewey.

Let us stop stuffing ourselves.

Exercise.

"A course of exercise, to give safe and satisfactory results, must be adapted to the individual. Individuals differ so much in constitution, habits, temperament, weak and strong points, daily occupation, etc., that the kind of exercise that would be beneficial to one would be injurious to another. Exercise should not mean any exercise. The writer has met many instances of the injurious effects of wrong and in-

judicious exercise. It is a notable fact that many well-known athletes have met early deaths, and the cause has been traced to overtraining through wrong methods. A man is like a chain, no stronger than his weakest part. Then, again, of what use would regular exercise be if no consideration were given to proper habits of living? All the benefits that would accrue from regular and judicious exercise would be nullified if the person slept in an unventilated room, did not masticate his food, took too little sleep, and in other ways neglected hygienic laws."—Albert Whitehouse, in *Suggestion*.

The above ideas cannot be emphasized too strongly. Dr. Graham Taylor says it is about as sensible to prescribe exercises for health restoration without any instruction as to the kind and manner of exercises, as it is to tell a sick man to go to a drug store and take drugs for health without any more specific directions.

Thousands of men on being persuaded that they ought to take exercise, pitch into vigorous work with great vim right on the start, and then, on becoming stiff and sore, throw up the matter entirely, laboring under the tremendously mistaken idea that exercise is not good for them. Others get dumb-bells and go through a few fixed movements every day, over-developing some muscles and leaving others to starve. Many build up powerful arms and legs, with but little development of the muscles surrounding the vital organs, thereby overtaxing the lungs and heart.

The primitive man, in his hand-to-hand struggle with nature for his daily bread, acquired all the physical development he needed without special study of the subject. Though we all will be forced to take considerable physical exercise every day to be

healthy, yet it is wonderfully kind of our Creator to make it possible for us to have a good, healthy physique, and still engage for many hours a day in a sedentary occupation. But this can be done only by a very strong determination to do right a whole-souled study of our individual requirements, and an extensive use of our reason and common sense.

Stale Air.

"Professor Huxley gave his opinion in 1893 that what is called overwork means, in a large proportion of cases, under-oxygenation, and consequent accumulation of waste matter, which operates as a poison. Sir T. Sawyer Birmingham, in corroboration of this opinion, urges that much chronic invalidism is chronic suboxidation, and one of the worst of wrong conditions is stale air. Whenever we doubt about our vitality, we should doubt about our ventilation. Dr. Cheadle reminds us that one-third of our lives is spent in our bedrooms, of which the air is poisoned beyond what would be tolerated in a sitting room. It is well conceded that many of the cases of nervous disease, and especially of the various forms of neurasthenia, depend largely upon want of open-air exercise."—*Medical Record*.

Let us wake up and ventilate.

Deep Breathing.

We have heard it argued that a man will naturally, without any conscious effort, breathe all the air he needs. This is probably true of the primitive man. One struggling in the field or forest for the necessities of life would unconsciously supply himself with plenty of oxygen. Physical exertion necessitates the inhaling of large quantities of air. But ninety-nine per cent of all civilized men and women engaged in sedentary occupations have weak

bodies for lack of this most important food.

We have our attention constantly centered on securing something to eat, and we take all kinds of measures supposed to heighten the pleasure of living by crowding our stomach with food. But air and water, which are greater necessities, we neglect, because they are free.

It is a great sin against our bodies to allow foul air that has been breathed over and over again to remain day after day in our homes and places of business. But we do not do our whole duty by securing perfect ventilation. We must use conscious effort to secure great quantities of pure air if we wish to enjoy perfect health. This can be done by rapid, vigorous exercise and by forced inhalations and exhalations.

Running is a most excellent exercise. Always breathe through the nose and breathe very deeply. You will not get out of breath nearly so quickly if you breathe deeply rather than rapidly. It is well after getting started in the morning exercises, taken nude with fresh air striking the body, to perform some movements very rapidly, thereby forcing the lungs into greatly increased activity. Stationary running is good. The writer enjoys springing into the air and kicking himself fifty times in succession. While walking take deep inhalations slowly until the lungs are crowded to their utmost capacity. Time yourself. As, for example, inhale while walking twelve steps, and then exhale while walking twelve steps. Take deep breaths and hold them while engaging in many of the evening exercises before retiring.

A valuable method for developing the muscles as well as breathing capacity is to fill the lungs full of air and then center the mind on a certain set of muscles, making them very tense,

while the breath is held. Then tense another set of muscles until all the muscles of the body have been brought into action. To vary the program the muscles may be permitted to act slightly while still kept in as tense a condition as possible. After elevating all the ribs by a purely muscular effort, as described in Exercise No. 4, in the Northern Osteopath for February, fill the lungs to their utmost capacity and then try to crowd the ribs up still higher. In this way the upper end of the lungs where consumption usually begins will be thoroughly filled with air.

How to Breathe.

Breathe diaphragmatically, like a new-born baby. The entire anterior part of the trunk from the collar bones to the lower part of the abdomen should move forward while inhaling, but the greatest forward movement should be in the upper part of the abdomen, just below the breast-bone. The ribs should move forward and outward. Any corsets or skirt band that prevents the wearer from freely expanding at the waist line to the utmost limit, on inhaling all the lungs will hold, is a curse. You are certain to become a diseased creature if you are unable to take a full breath in the way nature intended. On inhaling, the diaphragm should come forward as well as downward, though the greater movement is downward. Many young men develop an abnormal breathing habit by too much movement of the ribs, while laboring under an erroneous belief that great strength of lungs is secured by the acquisition of enormous chest expansion. Of course, the ribs should be freely movable, and a fair amount of expansion is necessary for good health, but there have been numerous famous athletes who died of consumption before old age had reached them, though

they had a chest expansion of from eight to twelve inches.

An Extraordinarily Fine Exercise.

Lie on a couch in an easy position immediately after each meal, and thoroughly relax, resting the body for five minutes, then slowly inhale for eight seconds, then hold the breath for eight seconds, then exhale for eight seconds. Continue this breathing for ten minutes. Practice the exercise for a week in this manner. Then inhale for fifteen seconds, hold fifteen seconds and exhale fifteen seconds. At the end of the second week increase the time of inhaling, holding and exhaling. Keep this up week after week until you can use from three to five minutes in one inhaling, holding and exhaling.

The exercise is valuable in any thoracic or abdominal disturbance. It is good for trouble with the lungs, bronchial tubes, heart, stomach, liver or bowels. It is very helpful in constipation. Some patients can secure a movement of the bowels immediately after practicing the exercise for a few minutes. The long thorough exhaling persisted in to one's utmost power is especially helpful in any disorder of the abdominal organs. Its tendency is to lift up all parts that have sagged down. Immediately after such an exhaling one is compelled involuntarily to inhale quickly and deeply, and such breathing sends a glow over the entire body. One will at first find considerable difficulty in making the slow, steady exhalations after the inhaling and holding, but the art can be mastered by practice, much to the benefit of the entire body. The exercise may at first cause the head to ache, or may cause nausea or dizziness, but such symptoms only prove the greater need of the exercise.

Physical Culture in Suggestion.

We are pleased to note the first of a

series of articles on "Physical Culture" in Suggestion for February. The author is Albert Whitehouse, who advertises himself to be a "Health Specialist." Physical culture is declared to embrace everything tending to cultivate the physical powers, including diet, breathing, clothing, mental attitude and right living, as well as exercise. A thorough mastery of these subjects should most certainly be the aim of everyone attempting to exercise the healing art. Perhaps the majority engaged in this noble calling believe to a large extent that the patients themselves, by the aid of their common sense, know what to eat, wear and breathe, and how to take baths, exercise and think, but this is a huge mistake.

Millions of civilized men and women must be taught to stop stuffing themselves, to drink more water, to put on less heavy clothing, or clothing that does not constrict the body, to wake up and ventilate, to breathe more air, to take more cold water baths, to take more exercise, and to stop worrying. Many of the people supposed to have the highest education our colleges can furnish are pitiable ignoramuses on the subject of health culture.

Patients must be taught hygienic living, and such living must be enforced to obtain cures that "stay cured."

One of our graduate practitioners in New York state, writes: "The defeat of our legislative bill only advertised us the more. We tried to get a test case under the present law carried up to the supreme court, but our opponents dropped it and are leaving us alone. Our practice is growing with every month."

The Editor's Own.

Correspondence Courses.

Dr. C. M. T. Hulett has written very pointedly concerning a class of parasites that seek to live off of the good name and prosperity of the osteopathic system of practice,—the so-called correspondence schools. These barnacles are very exasperating, if not in fact a genuine menace to the profession. It may be said, however, that every worthy advancement and discovery in this age has its imitators and its imitations. The beautiful Smyrna rugs have suffered an innovation in the way of a cheap imitation, for a long time. Just now the furniture house show windows are decorated with a very cheap, tawdry imitation of the beautiful and substantial Navajo Indian rugs. The very sight of them is repulsive and arouses a feeling of just resentment. The more consideration which we give to these cheap imitators, the so-called correspondence schools, the more our feeling of resentment gives way to one of pity for the innocent victims. It is true that we must use the word "innocent" in this connection with something of the meaning of the "simple" mixed with the innocent, for, as a matter of fact, the citizen of average intelligence can not more easily detect the coarseness and grossness and shoddiness of the imitation of the Smyrna or Navajo rug, than can the person of average intelligence at once recognize the catch-penny, fraudulent and money wasting character of the so-called correspondence schools.

The writer recently protested to the publishers of a special-class magazine against the acceptance of such fraudulent advertisements. The publisher of the magazine referred to is connected with a school of some merit of a certain professional class. We called his attention to the fact that he would represent the acceptance of an advertisement of a fake correspondence course in his own line of school work. His reply was at least an ingenious effort to reconcile the continued acceptance of the money for the advertisement with his sense of public responsibility for helping to "graft" his subscribers. He said, "In the end these advertisements will help legitimate schools of osteopathy, for they will serve to interest casual readers, some of whom will invest in these fake courses only to find out that they have not gotten the real thing but have wasted their money, and they will then have to come to you for a genuine education in osteopathy." We say this is perhaps ingenious but it is as dishonest as Satan himself.

As Dr. Hulett well says, there are some home-study courses which are very helpful to persons who are so situated that they can not take up a regular college course, but no man can master the profession of a physician of any school of practice without actually performing the work in the various classes and lecture courses, but particularly in the technical, physical and microscopic laboratories, clinched by the work of the dissecting room and of the gynecological, obstetrical and general clinics, and the

actual experience in the treating rooms with a wide range of diseases, under the direction of graduate physicians. And if it were practical or possible even though with great magnification of labor and time to master such an extended and intricate course under the superintendence of a college faculty, by mail, the fact still remains that there is no such college or faculty anywhere in existence with a faculty ready to give such assistance. The committee on education of the American Osteopathic Association has investigated this matter and has reliable information that the only school which is advertising in this fraudulent way consists of one man and a desk in the city of Chicago, with not a single soul connected with it who has ever mastered such a course of study or even attended a college of osteopathy.

One of our students wrote to the most prominent of these so-called correspondence schools and asked what regular graduate osteopaths were connected with it and what regular graduate osteopath would sign the diploma if he completed the course. The reply evaded both questions and named no regular graduate osteopath, or any other for that matter, but stated that they furnished each student with the book of Dr. ———, who is a regular graduate osteopath. This book can be purchased anywhere on the market for a small portion of the fee charged by these schools and its author is in no wise connected with such a school.

As conclusive evidence that the investors in this shell-game are defrauded of their money, is the fact that within the entire range of our knowledge and acquaintance of osteopathic practitioners we do not know of one, anywhere, who is practicing the profession of osteopathy as a business on the strength of such a course or diploma.

Through our magazine we keep in touch with more than 1,700 osteopathic physicians, and have never yet received a letter from one claiming to be an osteopathic physician based upon such a course. It is a weak, cheap, temporary fraud which will find its own extinguishment in an enlightened public sentiment.

One is reminded of the current conundrum, "What is the difference between a young lady and a soldier and a biscuit?" The answer: "The young lady powders the face, while the soldier faces the powder."

"But," says the ever-present Rube: "Where does the biscuit come in?" "That," replies the smart one, "is for suckers to bite on"

The Education of the Public Osteopathically.

The business manager of the Still College of Osteopathy some months ago received a singular request from one of the most active, progressive and successful practitioners in the state of Ohio, and a similar one from the president of the state association of osteopaths in another state. The request was, "Please ship me at once a hundred copies of your college catalogues, together with bill for the same." This order was so odd and unusual that, while it was filled, it was accompanied by a letter of inquiry as to its purpose. The reply was interesting, and we quote from it as follows: "My object in asking you to send me a hundred copies of your catalogue edition at that time was this: I was and still am anxious to awaken a spirit of interest in osteopathy in our city. I wanted the people to appreciate that to become an osteopath it was necessary to learn more than simply a few mechanical move-

ments, the names of bones, etc., and in order to advance osteopathy here I was anxious to have a number of the educated young men of our city take up the study. We have a fine preparatory school here, which fits young men and women to enter Yale and Harvard after graduation, and it is these especially whom I want to interest in osteopathy. for I know if a few of our bright young men take up osteopathy it would surely and rapidly advance the cause, as our citizens would be interested in the school of practice which their home young men will have engaged in. Further, I wanted to have these young men and women see your catalogue, as it was, I thought, the best illustrated catalogue of the best college of osteopathy, and to see it creates at once a favorable impression, and that the study of osteopathy is as scientific and complete a course as that of any other profession."

This is pioneer work in a community, and rather a novel way of going about the education of the public, and while Still College could not carry out such a policy of spreading its catalogues in such quantities throughout every city of the union, the experiment was an interesting one, and from the correspondence seems to be resulting favorably to all parties.

Osteopathy Again Triumphant.

The state of Iowa, through its legislature, has placed Osteopathy on the same basis as that of the other recognized professions of healing. By a practically unanimous vote, both of the House and the Senate, the same law which applies to medical practitioners, with the exception of the administering of drugs, and the practice of surgery, applies to the practitioners in Os-

teopathy. The standard is high, as will be seen by the following quotations of Section 1, of the law:

"Section 1. Any person holding a diploma from a legally incorporated school of osteopathy, recognized as of good standing by the Iowa Osteopathic Association, and wherein the course of study comprises a term of at least twenty (20) months, or four (4) terms of five (5) months each, in actual attendance at such school, and which shall include instruction in the following branches, to-wit: Anatomy, including dissection of a full lateral half of the cadaver, physiology, chemistry, histology, pathology, gynecology, obstetrics and theory of osteopathy and two full terms of practice of osteopathy, shall, upon the presentation of such diploma to the State Board of Medical Examiners and satisfying such board that he is the legal holder thereof, be granted by such board an examination of the branches herein named (except upon the theory and practice of osteopathy, until such time as there may be appointed an osteopathic physician on the State Board of Health and Medical Examiners)."

By this it will be seen that the Iowa State Osteopathic Association has been given great discretionary authority in the matter, for which we are thankful, as that association is one of the very best associations in the United States, both as to strength in numbers and strength in professional ability.

Another excellent feature of the law is, that the itinerant osteopath must have an itinerant's certificate in addition, which will cost him \$250, a very wise provision.

The profession of Osteopathy everywhere will rejoice over this signal victory, so splendidly enhanced by the elevation of the standard of Osteopathy, so steadily urged by The Still College, of Des Moines.

From the Field.

The Coming American Osteopathic Association Meeting.

Dr. Warren B. Davis, the local member of the board of trustees of the American Osteopathic Association, at Milwaukee, writes to the president of the association:—"I have made arrangements for the finest hall in the city for our meeting next summer,—the banquet hall of the Hotel Pfeister. It is on the east side of the building on the seventh floor, up above all noise and dirt and overlooking the lake, which is four or five blocks away. We are to have the use of parlors for committee work, etc., and service of bell boys, etc. The hotel will be official headquarters and Manager Severance has made special rates of \$3 to \$4 American plan or \$1.50 to \$2.50 European plan. It is the finest hotel in the city and I am sure our D. O. friends will be pleased with the service in every way. Now for a large attendance! Anything that I can do to assist the officers in getting the osteopaths here, I will be only too glad to do."

It is probable that the dates will be set for August 6th, 7th and 8th, as there is another national convention to be held in Milwaukee at that time and reduced railroad rates will thereby be assured.

The publication committee has the program well under way, and the meet-

ing promises to be the largest and best in the history of the association.

A Timely Suggestion.

The very large mail received by Still College from all parts of the United States includes many letters asking for the name and address of a reputable osteopath in the vicinity of the writer. The advertising pages of the magazine, the Northern and Cosmopolitan Osteopath, consolidated, is the first natural resort at such times, although we try to keep familiar with the addresses of all our graduates and many of the leading graduates of the other schools also. However, a great many graduates do not live up to their opportunities in this particular. That is to say, they do not keep the osteopathic public advised as to their addresses, and frequently miss a good customer in that way. Every change in location by a regular graduate should be promptly reported to the secretary of Still College, Des Moines, Iowa, for their office directory, and in addition every graduate should mail one of his or her professional cards, or otherwise keep in touch with the institution, at least twice a year, so that they may serve them to the best advantage.

Osteopath Wins in Test Case.

In the test case brought by the Meadville, Pa., State Board of Health

against Dr. Gambetta Staff, on the charge of practicing medicine and surgery without a state license, the jury returned the verdict in behalf of defendant. The following extract is from the *Meadville Republican*:

The prosecution was founded on an information made by James G. Foster, secretary of the Meadville Board of Health.

The question in the case hinged on the interpretation of the act of assembly of 1893, passed to regulate the practice of medicine and surgery in this commonwealth.

The theory of the prosecution was that Dr. Staff had been practicing surgery and medicine without complying with the requirements of the law and without securing a state license to practice as a surgeon and a physician.

The defense contended that Dr. Staff was practicing osteopathy, a new science not practiced in the state of Pennsylvania at the time this law was passed and therefore not contemplated by the law, and that since he had never used drugs or medicine or performed surgical operations with the use of surgical instruments or appliances, he had not been practicing either medicine or surgery.

The case was in the nature of a test case and attracted an unusual amount of interest in this city and, in fact, all over the state.

Dr. Staff is a Meadville boy, was born here and has always resided here. He was the recipient of many congratulations when the verdict of the jury was made known this morning, and it is understood will continue to practice osteopathy at his office in the Byham block on Arch street."

Oklahoma Osteopathic Association.

The osteopaths of Oklahoma met in

Oklahoma City, March 3, 1902, and organized the Oklahoma Osteopathic Association. Those present were Mrs. Clara Mahaffy, D. O., Oklahoma City; Mrs. Nevla Triplet, D. O., Enid; J. M. Rouse, D. O., Oklahoma City; Mrs. Lucy Rouse, D. O., Oklahoma City; Miss Laura Haden, D. O., Oklahoma City; Miss Cassie Hubbard, D. O., Blackwell; Miss A. W. Hannah, D. O., Shawnee; Miss Winifred Streeter, D. O., Oklahoma City; L. G. Wright, D. O., Chandler; Harvey A. Dever, D. O., Kingfisher.

Permanent officers were elected as follows: Dr. Clara Mahaffy, of Oklahoma City, president; Dr. J. M. Rouse, of Oklahoma City, vice-president; Dr. Harvey A. Dever, of Kingfisher, secretary; Dr. Neva Triplet, of Enid, treasurer.

Measures were considered looking to osteopathic legislation and to providing an interesting program for our regular meetings.

The time and place of our next meeting were left to the discretion of the president.

HARVEY A. DEVER, D. O.,
Secretary.

The Matter of Vaccination.

We print in this issue an exhaustive article on the legal aspects of vaccination in Minnesota. It is probable that the laws are similar in many other states of the Union. We know of no state where the law justifies compulsory vaccination, but there are, presumably some which justify exclusion from school of students unless and until they are vaccinated. This article does not essay any opinion upon the efficacy of vaccination. Our observation among osteopathic practitioners is that there is about the same variation of individual judgment on this proposition

that there is among the old-school medical practitioners. Many people assume the same attitude towards vaccination that the poet does toward vice. "But seen too oft, familiar with her face,

We first do pity, then endure, and then embrace."

It is related of the architect of Still College that his wife asked him if he believed in vaccination, and he replied, "No! Do you think I am a fool?" "Well," said his wife, "I thought I would tell you that the woman who washed the clothes you have on, is sick with the smallpox." "Where is my hat and coat and who is the nearest doctor?" said the architect.

College Notes.

Reception by the Trustees.

The reception by the trustees of the college was given Friday evening, March 21, at the elegant home of Col. A. B. Shaw.

At about 8 o'clock the invited guests including the members of the new class, with their friends, and members of the faculty, arrived at the hospitable home, where they received a cordial greeting and royal entertainment. Everything was thoughtfully planned and beautifully executed. The class colors were in evidence in the refreshments, including the ice cream and candies and in the carnations, which were presented to each guest at departing, by the little daughter of Col. Shaw.

Music was furnished by the popular trio, Adix, Turner and Catlin, of the senior class; violin solos by Mr. Turner, vocal solos by Miss Maud Brunk, sister of Dr. Guy Brunk, of the June class, 1900, and recitations by Miss Theoline Ingwaldsen, of the freshman

class, and by Miss Young, a friend of Col. Shaw's family, who is visiting them from the southland. Miss Ingwaldson's rendition was "The Leaking of the Dyke," while Miss Young favored the company with some of "Uncle Remus' Stories," in true negro dialect. The program was a fitting culmination of the series of entertainments and the new class will doubtless feel that they have been fully received. But apart from this there is the cheering thought that, along with the strenuous work of college life, some one has been planning to brighten the way and intensify the enjoyments which can come only through pleasant associations of a homelike character.

Reception by Sophomores.

The second reception of the series was tendered by the sophomore class on Thursday evening, March 6th, at Our Circle Hall. This was perhaps the most elaborate of any of the receptions yet given to an incoming class.

The following program is but an intimation of the character of the reception, which was in every respect most enjoyable and reflected much credit upon the committees entrusted with the responsibility of providing entertainment and refreshments:

1. Orchestra.
2. S. C. O. Male Quartet, Whalley, Irvine, Hale, Ford.
3. Address of Welcome, Mr. S. L. Taylor, president of sophomore class.
4. Orchestra.
5. Response, Mr. F. C. Liffing, president of freshman class.
6. Promenade.
7. Orchestra.
8. Address, Dr. S. S. Still.
9. Promenade.
10. Reading, Miss Kinney.
11. Piano solo, Mrs. Willis Pickett.
12. Promenade.
13. Refreshments.
14. Promenade.
15. Male quartet.

Reception to the New Class S. C. O.

The pleasant custom of extending receptions to the freshman class has afforded another series of delightful social gatherings, with opportunities for better acquaintance among the students themselves, as well as between the students and faculty outside the stress of college work.

The first of the series was given under the auspices of the Y. M. C. A. and Y. W. C. A., in the assembly hall, in which the entire school participated, a report of which is given elsewhere in the current issue of this journal.

Valentine Social.

On Friday evening, Feb. 14, one of the pleasant gatherings of the season was held at Still college, Des Moines. It was in the nature of a valentine social, or reception, given to the freshman class, under the auspices of the Y. M. and Y. W. Christian Associations of the college. Invitations were extended to the entire school, including faculty and students. The assembly hall was handsomely decorated with hearts of many colors. Envelopes containing candy hearts, with verses, were distributed to all present; also a section of a valentine, to each gentleman, and a corresponding section to some lady. After the musical entertainment, consisting of mandolin, piano and vocal selections, the social hour was given to matching the sections of valentines, to archery, in which the fate of the contestants was determined; to the acquisition or loss of hearts (candy?) by the fatal "yes" or "no," in response to various inquiries, and to a general acquaintance making among students, new and old. In order to facilitate this commendable feature of all our social gatherings, each person was labeled on

entering the building, by placing a paper heart upon him, upon which was written his name with the class to which he belonged. All seemed to enter heartily into the spirit of the evening, which passed pleasantly and quickly.

An unusual thing happened to the piano in the assembly room of Still college recently, whereby it was utterly disabled. The managers at once addressed the makers of the instrument and their treatment has been so generous and they have been so prompt in the matter that we cannot refrain from making acknowledgment in this public manner. The college was instructed to box and ship the piano to the factory—the Schaeffer Piano company, Chicago—who propose to make all the repairs and place it in good condition and ship it back to the college without any charge whatever for the repairs. It is a desirable thing to get a good piano and equally desirable to find a firm that protects the good name of all their instruments by a guarantee that is unquestionable.

Personals.

M. D. Young, D. O., January class 1902, S. C. O., has located at Loveland, Colorado.

Miss Maud S. Mills, of Wisconsin, has returned to take up the work in Still college, after an absence of one term.

Dr. Elbert Storer, of Gravity, Iowa, paid a visit recently to his alma mater, the S. C. O., at Des Moines. Dr. Storer is enjoying a good practice.

Dr. M. W. Bailey, who was formerly in the practice at Logan, Iowa, and later at Council Bluffs, has removed to St. Louis, Mo., where he will join his brother in the practice.

Dr. J. H. Watson, of Newton, Iowa, was a pleasant caller at Still College March 26th. He was en route to a new location in Idaho.

Dr. A. L. Yergey, of Villisca, Iowa, visited the college recently, en route to Oklahoma, where he will enter the practice of osteopathy.

Dr. C. L. Nelson, one of the worthy graduates of Still College, is now located at Logansport, Ind., with offices at 717 North street and residence at 456 Michigan avenue. He will prosper.

Dr. C. S. Harper, a graduate of February, '01, and a successful practitioner of Washington, Iowa, visited the college March 26th with two patients for consultation and X-ray examination.

Dr. C. W. Johnson, of Charles City, Iowa, was a visitor in Des Moines and at the Still college, in March. Dr. Johnson is one of the earlier graduates of the college and is enjoying a fine practice.

Dr. Anna Jensen, of the January class, 1902, was a recent visitor at the S. C. O. Dr. Jensen is now located at Chariton, Iowa, having purchased the practice of Dr. Mary Montgomery at that place.

Inadvertently the name of the city in which Dr. C. E. Stephenson resides and practices his profession, Brooklyn, Iowa, was left out of his professional card. This personal mention is to be taken as our explanation and our apology.

Drs. Geo. H. and Fannie E. Carpenter have fitted up a fine office, suite 503 Trade Building, Chicago, Ill. It is one of the best in the city. The Drs. Carpenter are enjoying an excellent practice. Some case reports from them appear in the current issue of this journal.

Dr. J. B. Littlejohn, of Chicago, a graduate of the American School of Osteopathy and a member of the faculty, who was here as an expert witness in the case of the Commonwealth vs. Dr. Gambetta Staff, returned on Erie train 1 Wednesday evening.—Meadville (Pa.) Republican.

From the St. Joseph papers we notice that Dr. W. E. Beets, the well-

known and successful osteopath, has located in the Hughes building in that city, for the practice of his profession. The St. Joseph people will find the doctor a gentleman in every particular.—Bethany Republican (Jan. 27, '02).

Dr. Chas. D. Ray, a graduate of the A. S. O., and Dr. Lillie M. Held, a graduate of the S. C. O., have formed a partnership for the practice of osteopathy at Le Mars, Iowa. These are both competent and worthy people, and the combination makes a strong firm. They will doubtless meet with abundant success.

We are gratified to announce the appointment of Dr. A. B. King, one of the graduates of Still College of Osteopathy, Des Moines, as a member of the World's Fair board of the American Osteopathic Association. Dr. King is one of the strongest graduates of this institution and is now located in the World's Fair City, St. Louis, Mo., Mermod-Jaccard building.

The Wisconsin State Board of Medical Examiners meets at the Hotel Pfeister April 8th, 1902, for the examination of applicants for practice of medicine or osteopathy in that state. Dr. A. U. Jorris, of La Crosse, is the osteopathic member of that board, a graduate of the consolidated colleges, the Northern and Dr. S. S. Still College of Osteopathy, Des Moines.

The Ely Osteopathic Infirmary, in charge of Dr. Marcellus R. Ely, a graduate of the S. C. O., has been inaugurated at Rochester, Minnesota, with good prospects. The doctor is pleased with his location. He regards the Minnesota Osteopathic Association as one of the strongest, if not the strongest, in the United States. A meeting is held each month in one of the Twin Cities.

Dr. A. L. Evans, editor of the Journal of the American Osteopathic Association, in answer to a letter from us regarding the so-called correspondence schools says: "I can not help but think it a great pity that legitimate osteopaths and schools can not harmonize their differences and present a solid front to such enemies as these correspondence schools,—to say nothing of the opposition we are constantly meeting from the medical men."

A prominent citizen of Beaver Dam, Wis., writes to the Still College, urging them to send to his city a graduate osteopath. There are many more applications for us to send osteopaths to good cities that are now unprovided in that way than there are graduates, and this will continue to be the condition for some years. We will be glad to assist any osteopath who may not be satisfied with his location, to a better one.

Dr. T. J. Floyd, a graduate of Still College, Des Moines, is prosperously located in the practice at Winfield, Kans. He writes in praise of the effectiveness of this magazine in familiarizing the public with the merits of our system of practice, and places a regular order for quantities of the magazine each month. No practitioner is living up to his opportunities who does not in this way spread the literature of the science.

Dr. W. C. Griffith, one of the old physicians of Appanoose county, both in years and in school of practice, has been at the S. C. O. during the past month for X-Ray and physical diagnosis of a hip, injured by a fall on the ice. Dr. Griffith is an official surgeon as well as homeopathic physician, who is broad enough to give fair consideration to osteopathy, and he would have been saved much suffering if he could have had the present examination at the time of the injury.

Dr. F. M. Oium, a graduate of the Northern College of Osteopathy, who has an exceptionally strong practice at Oshkosh, Wis., writes to the Still college his congratulations upon the consolidation of the two colleges, with a cordial assurance of his support to the consolidated institutions. He says: "I am sure that every Northern graduate will appreciate the interest which you have manifested in protecting our diplomas by the certificate which you are preparing, and they will give cordial support to the consolidated institution."

Dr. Fred P. Millard, of Kent, Ohio, will go in April to Worcester, Mass., to form a partnership with Dr. Chas. C. Reid, who has a growing practice in that city. Dr. Reid recently has increased his office space from three

rooms to six rooms. The doctors will have a department of X-Radiance with their work. Dr. Millard has been very successful in his practice at Kent, Ohio, and his many friends there will be sorry to have him leave them. His practice at Kent will be transferred to Drs. G. W. and J. F. Reid, of Warren, Ohio.

Dr. W. H. Johnston announces a change of location of his offices to Rooms 24-5-6, Bass block, over the First National Bank, at his Fort Wayne, Ind., home. Dr. Johnston has broken the record in the successful handling of a peculiar case, having just removed seventy-five sticks of gum from the stomach and bowels of a three-year-old boy, who had acquired the vicious habit of swallowing the gum for more than a year past. He accomplished this result by treatment of the nerves to the stomach and bowels, accompanied by daily injections and liquid food. Period of treatment covered three weeks.

The article on compulsory vaccination, which in the last issue of the Northern Osteopath was promised, appears in the columns of this issue. Mr. Lynch is, more than any other attorney in Minnesota, qualified to write authoritatively on this question, for he has given this subject more thought than any other citizen of the state. It was through his able conduct of the mandamus case brought against the Minneapolis School Board that the first victory against the vaccination crusaders was won. He has routed them, horse, foot and artillery, and wherever there is any probability that his counsel will be sought, the Board of Health quickly conforms to the requirements of the statutes. Mr. Lynch has placed under obligations all those who are opposed to compulsory vaccination, by his able defense, as well as for writing his timely article.

Osteopathy, its Scope and Success..

By A. STILL CRAIG, D. O., IOWA CITY, IA.

The Cosmopolitan Osteopath every month falls into the hands of hundreds of strangers to osteopathy, and we

therefore print in every issue a somewhat extended outline of the principles of the science.

Osteopathy's Life Story.

For three thousand years before physiology was possible, before the blood was known to circulate or the brain to think, mankind had been schooled in the belief that in drugs was contained a mysterious power to cure all disease, and while no man of intelligence today believes in the remedies of a hundred years ago, man still believes that if he could but find the right preparation, the demon of disease that he has so long fought in vain, may be driven out. No wonder it is so hard for him to look upon disease from the osteopathic standpoint of a derangement in the mechanism of the body.

After anatomy and physiology had assumed the role of sciences and osteopathy had become possible, it remained for Andrew Taylor Still, a man eccentric and devoid of regard for conventionalities and precedent (the stones upon which medicine had for so long rested), to throw off allegiance to the old beliefs, and to establish a real system of physiological therapeutics, and a school to promulgate his teachings. The first class to graduate regularly from this school received their diplomas in 1894, while today, but seven years afterwards, there are several thoroughly equipped colleges and some two thousand practitioners in the United States, while some are carrying the gospel of health to other countries.

Naturally the rapid spread of the system aroused the cupidity and jealousy of the medical profession, or a portion of it, and frantic efforts were made to legally forbid its practice. Temporary success was obtained in keeping the practice out of a few states, but the laws thus made have lately been repealed and osteopathic physicians are free to practice and probably are practicing in every state in the Union, while some sixteen states have laws directly recognizing the science.

All this was accomplished notwithstanding the fact that the National Medical Association decided last year to push a vigorous campaign, and the doctors attempted to obtain restrictive legislation in twenty-five states.

Osteopathy's Leading College.

Osteopathy is based largely upon human anatomy and physiology and their application to the body in health and in disease. It is a living, breathing science and may not be studied as are the cold dead lines of a geometrical diagram. It must be studied from nature, from life and from disease.

Realizing these facts, Dr. S. S. Still and his associates saw that it would be necessary in order that a college should attain the highest possible development, that it should be planted in a city of sufficient proportions to afford opportunity for every student to make a thorough, detailed study of all the human organs in the dissecting room, to be followed by abundant experience in the treatment of actual diseased conditions. They therefore erected a college building in Des Moines, near the heart of the city, where these advantages might be best obtained, and spared no expense in equipping it to the highest standard. A free course of dissection was provided and made compulsory, and a very large clinical practice secured from the unlimited supply which the city affords. As a result the Still College has enjoyed a remarkable growth which has placed it in the front rank of osteopathic colleges.

Meaning of Osteopathy.

Osteopathy (Gr. *osteon*, bone and *pathos*, suffering), or the treatment of disease through replacement of bones, has, like most common terms, far outgrown the earlier ideas of the founder, and therefore its derivation. It is now a complete system of manual therapeutics, of which skeletal adjustment is but a part, although a considerable part, because the bones form the framework for the more delicate superstructure.

Technically we may define osteopathy as the science of treating disease manually, by the adjustment of all parts and organs to their natural relation with each other, thus removing the irritations resulting from their abnormal relations and removing obstruction to the vital forces and fluids of the body, and by stimulating mechanically all organs to their proper function, or inhibiting abnormally active processes or movements of portions of the bodily organism. Hence the prominence given to the study of anatomy and physiology.

The Body Osteopathically Considered.

The Bones and Ligaments.

The bony system, a model of architectural perfection, combining throughout the greatest possible strength with the least weight, consists of, first, the skull or brain case, complete except for the foramina or openings through which pass the nerves and vessels and the spinal cord; second, the spine, flexible and elastic yet rigid enough to support the head and body, and more than that, containing a large canal in which is the important extension of the brain called the spinal cord. The spine is made up of a large number of irregular bones, between which are the openings transmitting nearly all the nerves to the body as well as the blood which passes inward to nourish the cord. These bones, like all other joints of the body, are held together by strong inelastic bands called ligaments (ligo, bind) but which are loose enough to allow the varied motions of the body. These bones may become sufficiently twisted or turned upon each other to cause pressure upon the nerves or vessels which pass between them, or as a whole the spine may become bent in any direction causing the different varieties of spinal curvature, which must be cured, if cured at all, by some such mechanical method as osteopathy; third the thorax. The spine, together with the ribs and the breast bone, form the chest, a bony case, though not as complete as the skull, for the protection of the vital organs, the heart and lungs.

The ribs are attached just at the openings in the spine and a slight turn in their direction may compress the nerves and vessels passing through these openings. The ribs and breast bone may be dropped or sagged, producing the hollow chest, which predisposes to consumption, and which osteopathy can always correct if taken before actual disease has begun. Other parts of the bony system are the bones which comprise the pelvis and bones of the extremities, which act as supports and levers, all being subject to slight displacements, which are not recognized surgically, but which by irritation and pressure set up a great variety of diseases. So-called sprains of the ankle, wrist, etc., are more frequently slight

dislocations of the small bones, which osteopathy may relieve in from one to three treatments, instead of their requiring weeks and months of rest usually prescribed.

Muscles.

The muscles are a group of organs which possess the remarkable property of contractility in response to nervous stimuli. On them depend all the grosser and many of the finer movements of the body and movements within the body. In health these muscles have a slight tension or normal tonicity. This may be exaggerated to a chronic contraction by the increased excitability of a nerve or a group of nerves, and they may therefore either exert pressure themselves upon vessels and nerves and other structures or by their continuous traction upon the bones to which they are attached, may draw these out of their normal relation, bringing the hard bony substance in contact with the more sensitive structures. The muscles most prone to this chronic contraction are the short muscles which control the complex motions of the spine. These draw the ends of the ribs or other structures across the openings from which the nerves emerge from the cord. A leading feature of osteopathic treatment is the relaxation of these muscles, so affording another reason why the osteopath pays so much attention to the spine. La Grippe is noted for causing such tearing and drawing pains in every muscle of the body and the chronic muscular contractions which it leaves behind account for the great number and variety of after effects which are so notable.

Blood Vessels.

"The blood is the life" as quoted from our earliest literature and we need hardly suggest the importance of proper circulation, one of the principal aims of osteopathic work, yet the fact that the blood circulates at all was not known until three centuries ago and seemingly very little use was made of the discovery before the time of osteopathy. The circulatory system consists of the heart, the tireless blood pump, the arteries which carry the blood to the system and to the lungs, the veins

which return the used-up blood to the heart, and the small capillaries that connect them. How many times do we find areas of the body starving for good blood and as a consequence diseased, and this from some simple obstruction to its blood supply, or on the other hand, congested and inflamed because the blood cannot return properly through the veins. Neither bone, ligament, muscle or any other tissue can live without it.

Osteopathy does more, however than simply remove obstructions to the flow. It controls the size of the blood vessel through the vaso motor nerves, and relieves anaemia or bloodlessness of a part by direct stimulation to that part, and just as surely relieves congestion and inflammation, by stimulating the flow from the part.

The Nervous System.

The brain, the seat of reason, sense and will, the brain, the headquarters of the nervous system, though protected by its bony case, is by no means free from external influence or disease. It receives its blood supply through openings in the skull and at these openings or at other points, the blood may be partially shut off from the brain producing anaemic headache or various forms of neurasthenia. Muscles may contract over the veins leading from the brain, causing congestion of the brain, congestive headaches, etc., or causing a blood vessel to burst and there is apoplexy. Osteopathy removes the obstruction to the circulation of the brain and of course the anaemia or congestion disappears; it removes the tendency to apoplexy so that there is less liability to another stroke, while the improved circulation gradually carries away the clot and health is restored, though slowly.

The spinal cord; the continuation of the brain down the spinal canal, only less important than the brain itself, gives origin to most of the nerves of the body. It is, on account of its more exposed position, more subject to external influences than the brain. It is like the brain, subject to anaemia and congestion, to be relieved osteopathically.

Inflammation of certain portions of the cord gives rise to locomotor ataxia, a disease which yields slowly to oste-

opathy but seems to be incurable otherwise. Inflammation of other areas of the cord gives rise to various forms of paralysis, more or less amenable to the treatment. There may also be pressure on the cord itself caused by dislocated vertebrae, which of course can only be relieved by mechanical treatment.

The nerves form the intricate telegraphic system of the body, carrying their impulses by means of a fluid akin to, but less known than electricity. The nerves carry every command of motion from the brain and nerve centers, and every sensation, conscious or unconscious, to these centers. Each organ in the body is controlled by nerves and is at once diseased when its nerves are affected. These nerves pass out from the brain and cord through the openings mentioned above and we therefore see how important it is that the muscles next to the openings in the skull and those along the spine should not be contracted and so interfering with nervous impulses. Osteopathy relieves the pressure upon nerves, and if they are paralyzed stimulates them to renewed activity, or if over excited, the trained finger of the osteopath quickly quiets them.

Nerve Centers.—Not all the actions of the body are under the control of the will, for in the brain and cord are collections of nerve cells which act together and control most of the animal functions. For example there is a center at the base of the brain which by means of the sympathetic nerve, controls the calibre or size of every minute artery in the body, and consequently the amount of blood which passes through it. Now, from the derangement of this center fever may be caused, and through the control of this center which the osteopath may exert by mechanical treatment of the sympathetic nerve, and through the circulation to this center, the fever may be reduced, in some cases quickly overcome, though in others an irritating cause must be removed before the temperature can be permanently lowered.

Here are centers controlling breathing, the heart beat, coughing, and nearly every function of the body, and all subject to the control of the osteopath.

How Certain Organs are Treated.

The eyes may be reached osteopath-

ically in several ways. They are superficial so that they may be treated directly, increasing their circulation and improving their shape, for as in the rolling of the clay marble they tend to form the perfect sphere on proper manipulation. Their circulation may also be improved by treatment of the sympathetic nerve and by means of the nervous connection through the spine. All inflammations of the eye, as conjunctivitis, iritis, and granulated lids, may be cured, while the shape of the eye may be so changed as to cure astigmatism, near-sightedness, and such affections, though the chances for a cure are much better in young people than in old. Through the circulation even cataracts may generally be arrested in their growth and in some cases be absorbed.

The heart is directly under control of the nerves, and pressure on these nerves in the neck or at the spine, from muscular contraction or bony displacements will cause derangement which can of course only be relieved by methods akin to osteopathy. By careful observation osteopathic treatment has been proven to increase or decrease the heart rate at once, and very markedly. Functional trouble and even organic weakness has been entirely cured by this treatment.

The lungs are subject to osteopathic control not only through nervous influence, but through the stimulation and exercise that osteopathy gives them, enabling them not only to regain their tone but to throw off the results of inflammation and disease and foreign substances as well.

Asthma is generally wholly due to nervous spasm of the bronchial tubes and in the majority of cases is cured or greatly benefited. Tuberculosis in the earlier stages may be cured by the treatment with the aid of plenty of outdoor air, as the dead products of disease are thrown off, and the deadly germ combatted by healthy blood, the only reliable germicide. Likewise the inflammation of pneumonia is checked and the fever controlled, and an early recovery brought about.

The liver may be treated through the nerves and by direct stimulation, causing bile to be thrown into the intestine and one form of constipation to be cured. The bile thus being thrown into

the intestines instead of into the blood, jaundice is cured. As an illustration of the influence of treatment on the nerves tendant upon the passage of gall stones through the bile ducts are in a measure controlled by pressure at the spine, though the severe cutting of some of them renders control impossible. Gall stones are aided in their passage outward, however, and new ones prevented from forming in many cases by the bettered condition of the bile.

The digestive canal. In no class of diseases is osteopathy more successful than in diseases of the stomach and bowels. These organs are reached by both direct treatment and treatment through the nerves. Gastralgia, as is the case with most other neuralgias may generally be relieved at once by a quieting pressure upon the nerves, and diarrhoea may in the majority of cases be checked immediately by the same means. Dyspepsia, gastritis, colic, appendicitis and other affections of the digestive tract may be cured by removing the irritation of the nerves to the organs, and stimulating them to renewed activity.

The female organs of reproduction are among the most delicate and complex in function and are therefore abundantly supplied with nerves. Their derangement, on account of their intimate connection with the sympathetic nervous system, may affect every other organ in the body unfavorably. The organs are held in place by ligaments, but as it is necessary at times for these to be stretched to several times their normal length, they are not so substantial or unyielding as other ligaments. On accounts of their great blood supply these parts are very liable to congestion and inflammation causing dysmenorrhea and other ills, and on account of the yielding character of the ligaments, to become prolapsed, which of course increases the congestion. It is the province of osteopathy to relieve this congestion and inflammation and by doing so to give tone and strength to the ligaments, so that when the organs are replaced there may be something to hold them in place. With these troubles osteopathy has proven very successful. Osteopathy is the woman's friend.

Faculty of Still College.

S. S. STILL, D. O.,

President. Descriptive Anatomy and Philosophy of Osteopathy.

MRS. ELLA D. STILL, D. O.,

Gynecology, Obstetrics, and Practice of Osteopathy.

J. W. HOFSESS, D. O.,

Osteopathic Theory and Practice and Symptomatology.

GEO. E. MOORE, A. M., M. S., D. O.,

Physiology and Practice of Osteopathy.

R. W. BOWDEN, D. O.,

Mental and Nervous Diseases, Hygiene and Public Health.

BLANCHE I. THOBURN, A. B., D. O.,

Histology, Pathology, Microscopy and Bacteriology.

HARRY W. FORBES, D. O.,

Symptomatology and Clinical Osteopathy.

C. W. GASKELL, M. D., D. O.,

Surgery, Skin, and Venereal Diseases.

E. M. MCKEE, M. D.,

Topographical Anatomy.

J. C. YOUNG, M. D.,

Orificial Surgery.

C. E. THOMPSON, A. B., A. M.,

Chemistry, Urinalysis and Toxicology.

A. B. SHAW, B. S.,

Psychology and X-Radiance.

IRENE SNIFF, A. B.,

Latin.

EX-CHIEF JUSTICE CHESTER C. COLE, LL. D.,

Medical Jurisprudence.

MRS. LENORA CARPENTER,

Practical Anatomy.

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